



September 2021

VOLUME 11 : ISSUE 8

LINA GALLUP NOMINATED IN WOMEN OF INSPIRATION 2021-2022 SERIES



Lina Gallup was presented with the the Women of Inspiration 2021-2022 Series nomination by Nicole Bouchier and Girls Inc.of Northern Alberta

Fort McKay's eldest Elder, Lina Gallup, was recently nominated in the Women of Inspiration 2021-2022 Series by Bouchier and Girls Inc. of Northern Alberta. The committee selected Lina for her resiliency and her efforts in creating a safe space for more than 2000 Indigenous youth to learn their culture.

Lina, a residential school survivor, was taken from her family in Fort McKay when she was six years old and spent 13 years in an Indian Residential school. When she turned 18, she was able to leave the residential school, and her experience

inspired her to become active in various Indigenous causes throughout the rest of her life. For 20 years, Lina owned and operated a group home for Indigenous youth and children. "Because of my experience I wanted to make a better life for native kids that were in care. There are so many of them", she shared.

Lina shared her story through a short film called "A Mother's Voice", which can be found at the following link: <https://www.youtube.com/watch?v=Ip3yGEK-GCX4>. Sharing her story helped educate others and will continue

to help many communities for years to come. The story she shares demonstrates her resiliency and determination throughout her journey; for this reason, Lina is an inspiration to many.

"Lina has taken her lived-experiences to create change in our region and beyond. Lina is a leader who shares her stories to inspire all girls and women to be strong, smart and bold," stated Girls Inc. in a press release. Lina is the second nominee this year and will be joining four other Women Inspiration nominees to be recognized in March 2022.



FORT MCKAY COMPANIES PROVIDE LONG-TERM SUPPORT TO LOCAL HERO FOUNDATION



FMFN LEADERSHIP TEAM

Mel Grandjamb, Chief
Raymond Powder, Councillor
David Bouchier, Councillor
Melinda Stewart, Councillor
Crystal McDonald, Councillor

Chris Johnson, CEO
Alvaro Pinto, CEO Oilsands Development and Sustainability
Stuart Randell,
Director, Strategic Portfolio Investments
James Owl, Executive Director,
Capital Projects

ADMINISTRATION DEPT.

Dorothy McDonald Business Centre
General Delivery
Fort McKay, AB T0P 1C0
Phone: 780-828-2430

Hours of Operation:
Monday - Thursday: 8:30 a.m. to 4:30 p.m.
Friday: 8:30 a.m. to 2 p.m.
Closed daily: 12 - 1 p.m.

SUBMISSIONS

If you have any photos, stories or ideas for the Red River Current, please contact the Communications Department
email: communications@fortmckay.com

Birch Mountain Enterprises (BME) and Fort McKay Group of Companies are pleased to announce that they have made a commitment to donate \$150,000 in support of the Local HERO Foundation.

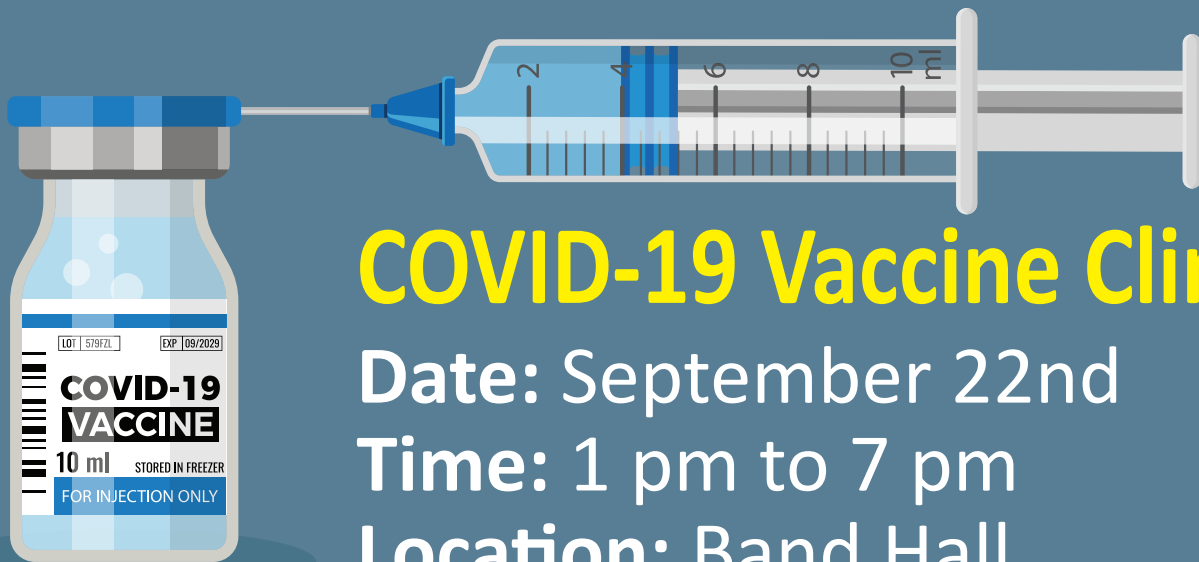
“Local HERO Foundation is a remarkable initiative that saves lives and brings both quality, and equality of health care to the most remote corners of this region,” says Chris Wilson, President of BME. “It is a crucial service that deserves all the support we can give.”

Local HERO is the Helicopter Emergency Response Organization, providing dedicated medical evacuation services, 24 hours a day, every day, all across Northeastern Alberta. So far, Local HERO has carried out more than 500 emergency medevac flights.

“At Fort McKay Group of Companies, our mission is to provide diverse services to those who live in our Traditional Territory and to help improve our community,” says CEO Sami Saad. “We can think of no better way to support the health and wellbeing of the residents than by providing Local HERO with ongoing meaningful support.”

By providing reliable emergency health care services by helicopter, Local HERO enables community members to live in traditional ways and in places unreachable by road.





COVID-19 Vaccine Clinic

Date: September 22nd

Time: 1 pm to 7 pm

Location: Band Hall

To make an appointment
call our Health Centre at

780.742.8277 or **780.828.2450.**

Walk-ins welcome.

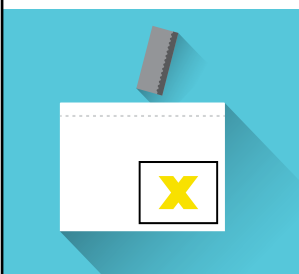


FORT MCKAY
FIRST NATION

FEDERAL ELECTION



Get ready to vote



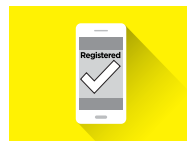
- ☒ **Make sure you're registered**
- ☒ **Watch for your voter information card**
- ☒ **Make a plan to vote**
- ☒ **Bring ID when you go to vote**

X
It's Our Vote



EC 90205 (09/2020)

To vote, you must be a Canadian citizen and at least 18 years old on election day.



- ☐ **Make sure you're registered at your current address**

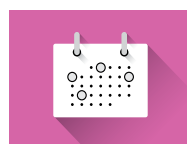
Visit **elections.ca** to check your registration now.



- ☐ **Watch for your voter information card in the mail**

If you're registered, you should get a voter information card in the mail after the election is called. It tells you where and when you can vote.

Check the name and address on the card. If you don't get a card or if the information is incorrect, visit **elections.ca** or call **1-800-463-6868**.



- ☐ **Make a plan to vote**

You can vote almost any time during the election period. Visit **elections.ca** to choose the voting option that works best for you.

YOUTH CENTRE PAINTS MURALS AS SUMMER PROJECT



The Youth Centre has been keeping very busy this summer adding a touch of colour and art throughout the community by painting storage containers. The mural paintings were part of a summer project that was led by Richelle Stewart, 21, and Brace Grandjambe, 18—who are both currently students from the Alberta University of the Arts (AUArts) in Calgary that returned to Fort McKay for the summer to oversee the murals. Altogether, XX murals have been painted around the community.

“I feel that being Indigenous it’s really important with our background because a lot of our ancestors produced art on caves and things like that,” shared Grandjambe. “Some students don’t like talking about their feelings, so when they do it with art it’s just easier. I think it’s a really nice way for them to express how they feel.”

These mural paintings created a lot of attention around the region, and the projects made news headlines through various media sources such as the Fort McMurray Today, CBC news, the Toronto Star, and Canada News Media! Way to go guys!



OFF-RESERVE COVID-19 LAPTOP PROGRAM





FORT MCKAY FIRST NATION

FMFN Off-Reserve members living anywhere in Canada who are enrolled in school or ATC training programs as of September 2021 are eligible to apply for a laptop from ATC.

Applicants must be within the following categories as of September 2021:

- A grade K-12 student, or
- A High School Upgrading student, or
- Enrolled in Post-Secondary studies, or
- Enrolled in an ATC Employment & Training program

Fort McKay First Nation members can apply for the ATC Off-Reserve COVID-19 Laptop Program at

bit.ly/atc-laptopprogram

Households are limited to 1 laptop, due to the limited supply available.

Back to School



FORT MCKAY
FIRST NATION

2021/2022 Elementary - High School Students School Supplies Reimbursement

Tansi Edlanet'e ah,

Fort McKay First Nation Band Member students who reside on-reserve or off-reserve qualify for school supply funds. The maximum amount of \$150 per student will be issued via EFT to the Parent/Legal Guardian for the 2021/2022 school year.

Instructions:

1. Purchase the required supplies, using your child's school district School Supplies List. For Example: Fort McMurray Catholic School District:
 - <https://fmcschools.ca/wp-content/uploads/2021/04/School-Supply-List-2021-2022.pdf>
2. Submit your detailed receipt to Nicole Serafinchan via email or drop off the receipt to the front desk in a labelled envelope. Please include the following information:
 - Name of Parent/Legal Guardian
 - Student's Name, Grade and School

Please Note:

- Fort McKay School and Fort McKay E-Learning School students do not need to purchase supplies as they are provided by the school.
- Students may submit for reimbursement for shoes, backpack, lunch bag and water bottle.

Contact Information:

Nicole Serafinchan
Email: nserafinchan@fortmckay.com
Phone: 780-881-8273

Deadline for submissions:
September 30, 2021.



CELEBRATING AS A



Fort McKay may have experienced a quiet summer throughout most of the season, but our community decided to end summer with a blast by organising a community celebration hosted on Saturday, August 28th.

The full-day celebration was packed with many fun and unforgettable activities for everyone to enjoy! Events included kids' activities, hand games, a moose

calling contest, a laughing contest, and an all-day slo-pitch tournament. Thanks to ESS, who sponsored the community BBQ and the delicious fish fry and bannock specially cooked by Evelyn, lots of yummy food options were available, and everyone was well-fed.

Even though most of the day unveiled much enjoyment, the real fun started during the evening



Community



when participants from Fort McKay Idol exposed their talents on stage during the evening hours. The entertaining contest was followed by a show from the Nicely Put Together Band and a live concert featuring Aaron Pritchett!

This celebration was organised for Fort McKay First Nation members and community residents only, and the event was the first time the community had been able to come together

all summer. For the first time in a long time, everyone was singing, laughing, dancing and having a great time together as a community!

We would like to congratulate all of the winners from this year's activities and also thank everyone who attended this event, especially those who participated in our activities, contests, and tournaments!





FORT MCKAY
FIRST NATION

INTRODUCING NEW IN OUR COMMUNITY

JOSHUA JACKSON



Joshua Jackson,
Community Peace Officer

Fort McKay would like to introduce Joshua Jackson, Fort McKay's newest Community Peace Officer (CPO). In his role, he will be working in collaboration with other RCMP officers and Community Peace officers to ensure our community's safety and enhance our community's protection by monitoring the Fort McKay region, industrial parks as well as traditional land areas, and enforce by-laws (including animal control), and traffic regulations. His goal is to also focus on building positive relationships with community members and get to know everyone.

Joshua brings with him a considerable amount of education and experience. In 2014, he graduated from the Law Enforcement Foundations at Ravensberg College in Halifax, Nova Scotia and received a two-year diploma. In 2020, Joshua graduated from the RCMP Academy and worked as a member of the RCMP in Fort McMurray, Alberta, which allowed him to become familiar with the Wood Buffalo region, including our commu-

nity. "I also worked as a Security Officer at the Halifax Shopping Centre in Halifax, Nova Scotia for four and a half years", he explains.

Joshua decided to accept this position as he considered the new CPO program in our community an exciting opportunity that he wanted to be involved with. "I'm really looking forward to getting to know more about the community, meeting new people, and working with the community." What he loves most about Fort McKay is the beautiful scenery and the community spirit.

During his free time, he enjoys working out, playing the guitar, and travelling. "I am very excited about this new position and am looking forward to meeting everyone within the community!"



NEW EMPLOYEES COMMUNITY



FORT MCKAY
FIRST NATION

PAUL KIM

Fort McKay would like to welcome Paul Kim, Senior Manager of the Housing Department, whose role is to manage all public housing properties within our community. In addition to this, he will be working closely with Capital Project in the strategic planning of housing budget and future housing development, renovations, and policy development.

Paul has a degree in Business Management Administration with a Major in Commerce and spent 22 years managing hotel & resort properties in Kananaskis, Banff, Lake Louise and Edmonton. He worked for Suncor energy for one year managing their camps accommodation and managed the Golf & Country Club in Edmonton for three years. Paul was also the CEO for the Housing Management Body and oversaw affordable housing units for Alberta. Recently, Paul managed the construction of a \$14 million senior retirement facility project and was responsible for a new expansion of government housing units that brought the organization from \$3 million operations to \$8 million operations in just two and half years, which was ranked number one in quality of care and facility cleanliness in central Alberta by Health Quality Council.



Paul Kim,
Senior Manager of Housing

Although he is new to Fort McKay, Paul is very enthusiastic about working here and has very high respect for Indigenous culture; “I love that Fort McKay is a community that cares about its history, takes pride in their culture and focuses on creating new future progress and development.”

Paul looks forward to servicing our region and making positive changes to our community. He plans to contribute to the current projects while looking for better ways to serve our community. “I think we have an amazing team here, and as a team, we can move forward into better things in the future”, he shared. His long-term goal is to build a strong relationship with all community band members and support them through housing needs by addressing ongoing maintenance requirements.





NORTHLAND SCHOOL

BACK TO SCHOOL

Northland School Division (NSD) is pleased to provide its Back to School Plan for the 2021-2022 school year. On August 13, 2021, the Government of Alberta announced further details about returning to school this year and released its Guidance for Respiratory Illness Prevention and Management in Schools.

As you review this plan, some of the strategies will exceed provincial requirements. We feel that extra precautions are necessary to reduce risk in the school communities we serve. The 2021-2022 Back to School Plan is guided by the following themes:

- Students and staff health and safety;
- Learning options for NSD families; and
- High quality teaching and learning.

Student and staff health and safety

Masks

- Mandatory use of masks for all staff and students grades 4-12 and highly recommended for students K- grade 3. This will be re-evaluated on September 30, 2021.
- Mandatory use of masks for all students riding the school bus. All students must be registered to ride the school bus. This includes contracted buses and students attending junior high and high school in another town. Students will not be permitted to ride the bus if they are not registered through the Transportation Department.

Enhanced cleaning

- Enhanced cleaning and hygiene protocols in all NSD schools and facilities.
- Hand sanitizer is provided by NSD, in multiple locations, in all NSD schools, buildings and on buses.

Daily Screening

- All parents/guardians are required to screen their child for symptoms each day prior to their

child attending school by using the Alberta Health Daily Checklist.

- Staff, parents/guardians and visitors are also required to screen for symptoms before attending any NSD school or facility by using the Alberta Health Daily Checklist.

Isolation and quarantine

- Individuals who test positive for COVID-19 are required by the Alberta Health Services (AHS) to isolate for 10 days from when their symptoms started, or until their symptoms have improved, whichever is longer.
- AHS is no longer identifying or following up with individual close contacts, and quarantine for close contacts is no longer required.
- AHS will continue to manage outbreaks of respiratory illnesses in school settings, similar to the management of influenza or influenza-like illness.

Cohorting

- Cohort and physical distancing strategies whenever possible. A classroom cohort is defined as a group of students and staff who remain together.

Physical distancing

- Whenever possible, students, staff and visitors are encouraged to physically distance—maintain at least a two-metre space between two or more people. Schools have also re-arranged classrooms and daily schedules to encourage space between students. All extra furniture has been removed from classrooms to allow more space for physical distancing. This will be re-evaluated as the year progresses.

Field Trips

- Off-site activities (e.g. field trips for group physical activity, performance activities and recreational activities that are part of the curriculum) are permitted with health protocols in place, i.e. handwashing.



SCHOOL DIVISION NO.61 NEWS

SCHOOL PLAN SUMMARY

Extracurricular sports and sports teams

- All extracurricular sports and school sports teams for elementary, junior high and senior high can resume with health protocols in place, i.e. handwashing. Guidelines for extracurricular sports will be evaluated on an ongoing basis throughout the school year.

Assemblies, Performance Activities and Celebratory Events

- Large assemblies will continue to be virtual rather than in-person. This will be re-evaluated on September 30, 2021.
- Student performance activities such as singing, dancing, playing instruments, theatre will be virtual. This will be re-evaluated on September 30, 2021.
- Celebratory events, including graduation ceremonies, must follow public health measures that may be in place at the time of the event. NSD is hopeful that traditional graduation ceremonies will return in 2022.

Mental Health and Wellbeing

- NSD will provide staff with access to mental health support for students and families. NSD also compiled mental health information from several sources <https://www.nsd61.ca/about-us/division-news/post/covid-19-mental-health-resources>. For students, mental health staff reach out to share resources similar to what's posted on the NSD website.

Visitors

- Visitors are not permitted in the school or workplace without an appointment. To make an appointment contact the school directly.

Provincial Achievement Test and Diploma Exams

- The administration of Provincial Achievement Tests will resume and be mandatory as per normal practice.
- The administration of Diploma Exams will resume and be mandatory as per normal

practice.

- Principals will ensure the focus on instructional time returns to normal to best position students and staff for academic success in all subject areas, and to support enhanced performance on Provincial Achievement Tests and Diploma Exams.

Learning options for NSD families

- NSD will continue to offer families a choice between in-school learning and an online school. For families not yet ready to send their child for in-school learning, parents and guardians can register their students to attend Northland Online School. To learn more visit www.northlandonlineschool.ca.

Vaccination clinics in NSD schools

- NSD will work with Alberta Health to host vaccination clinics.
- Students aged 12 and older are eligible to receive the vaccination at school with the written consent of their parent or guardian.
- For more information about vaccination policies and requirements, contact AHS.

School resumes for all NSD students on September 7, 2021. ECS students will attend school five (5) days a week once again.

Should the nature of the pandemic change, NSD will communicate changes in a timely manner to students, parents/guardians, staff and community members. Thank you, students, parents, guardians, staff and community members for your ongoing support. Have a safe and exciting 2021-2022 school year! Stay safe.

To view the Back to School Plan in more detail please visit <https://www.nsd61.ca/covid-19-resources>



ANGER MANAGEMENT: 10 POINTS

~Helpful Advice Provided by The Addictions and



Do you fume when someone cuts you off in traffic? Does your blood pressure rocket when your child refuses to cooperate? Anger is a normal and even healthy emotion — but it's important to deal with it in a positive way. Uncontrolled anger can take a toll on both your health and your relationships.

There is nothing wrong with experiencing anger, but uncontrolled anger or anger that does not subside is a sign that a person should seek professional support to deal with the source of the volatile emotion and find healthy ways to cope with it.

Below are ten anger management tips that can help you or someone you know tame your temper.

1. THINK BEFORE YOU SPEAK

In the heat of the moment, it's easy to say something you'll later regret. Take a few moments to collect your thoughts before saying anything — and allow others involved in the situation to do the same.

2. ONCE YOU'RE CALM, EXPRESS YOUR ANGER

As soon as you're thinking clearly, express your frustration in an assertive but nonconfrontational way. State your concerns and needs clearly and directly, without hurting others or trying to control them.

3. GET SOME EXERCISE

Physical activity can help reduce stress that can cause you to become angry. If you feel your anger escalating, go for a brisk walk or run, or spend some time doing other enjoyable physical activities.

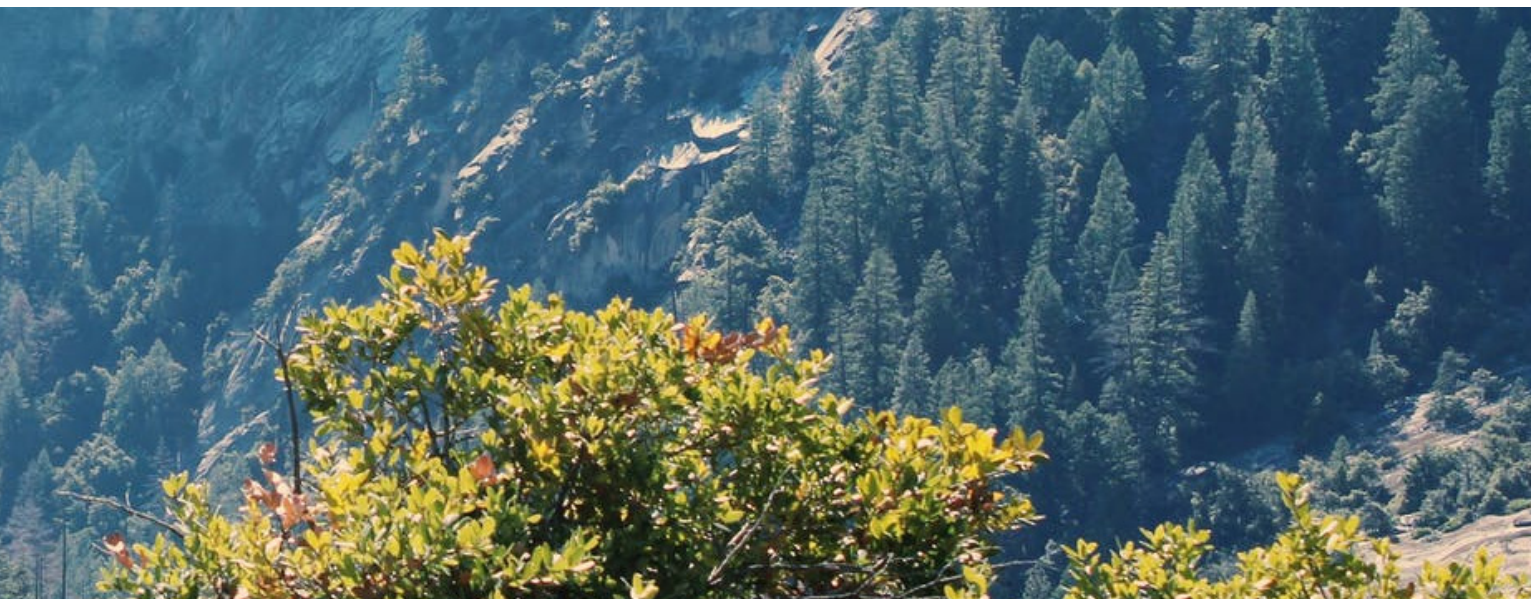
4. TAKE A TIMEOUT

Timeouts aren't just for kids. Give yourself short breaks during times of the day that tend to be stressful. A few moments of quiet time might help you feel better prepared to handle what's ahead without getting irritated or angry.



WATERS TO TAME YOUR TEMPER

Mental Health Services/Family Support Centre~



5. IDENTIFY POSSIBLE SOLUTIONS

Instead of focusing on what made you mad, work on resolving the issue at hand. Does your child's messy room drive you crazy? Close the door. Is your partner late for dinner every night? Schedule meals later in the evening — or agree to eat on your own a few times a week. Remind yourself that anger won't fix anything and might only make it worse.

6. STICK WITH 'I' STATEMENTS

To avoid criticizing or placing blame — which might only increase tension — use "I" statements to describe the problem. Be respectful and specific. For example, say, "I'm upset that you left the table without offering to help with the dishes" instead of "You never do any housework."

7. DON'T HOLD A GRUDGE

Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. But if you can forgive someone who angered you, you

might both learn from the situation and strengthen your relationship.

8. USE HUMOR TO RELEASE TENSION

Lightening up can help diffuse tension. Use humor to help you face what's making you angry and, possibly, any unrealistic expectations you have for how things should go. Avoid sarcasm, though — it can hurt feelings and make things worse.

9. PRACTICE RELAXATION SKILLS

When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as "Take it easy." You might also listen to music, write in a journal or do a few yoga poses — whatever it takes to encourage relaxation.

10. KNOW WHEN TO SEEK HELP

Learning to control anger is a challenge for everyone at times. Seek help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you.



GETTING YOUR COVID-19

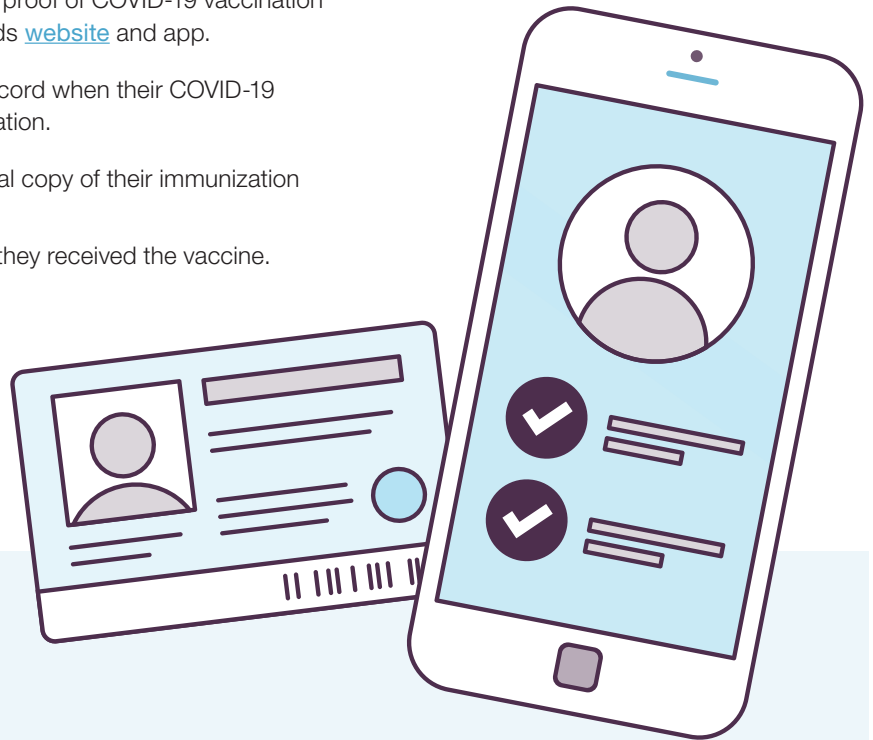
• • • • • MyHealth Records

Albertans 14 and older can view, save and print their proof of COVID-19 vaccination on a convenient sized card through MyHealth Records [website](#) and app.

All Albertans should receive a paper immunization record when their COVID-19 vaccination is administered to use as proof of vaccination.

Albertans who need other [options](#) to get an additional copy of their immunization record can:

- Contact the pharmacy or physician's office where they received the vaccine.
- Call 811.
- This includes obtaining proof of vaccination for children under 14 who cannot get their records through MyHealth Records.



Quick tips

Here are some tips to easily get your COVID-19 immunization record through MyHealth Records:

Create a MyHealth Records account

You can instantly sign up for MyHealth Records through these simple steps:

- Get a MyAlberta Digital ID using your Alberta driver's licence or identification card.
- You can immediately create a MyHealth Records account with the Digital ID and access your records right away.
- An activation code will be mailed to the address on your driver's license or identification card. Use this code within 30 days to complete the verification of your MyAlberta Digital ID to continue getting up-to-date health information.
- You are all set to access your health information including immunizations and test results. You can also download the app.

COVID-19 immunization record

Once you sign into your MyHealth Records account:

- Go to My Personal Records
- Click on Immunizations
- Click the blue Print Immunization button on the Print Reports tool then click on the blue print COVID-19 Immunizations button
- Save the proof of vaccination record on your phone, take a screen shot, or print it.

Plan ahead

MyHealth Records may experience high traffic volume before major events and long weekends.

Save your proof of vaccination record on your phone or print it out ahead of time.



IMMUNIZATION RECORD

Information Sheet•••••

Need help with MyHealth Records

Support line

- Call the My Health Records support line at 1-844-401-4016 or email: myhealthrecords@gov.ab.ca
- The support desk hours have been extended from 7:00 a.m.–7:00 p.m. Monday to Friday and weekends 9:00 a.m.–5:00 p.m., except Stat Holiday.

COVID-19 immunization not showing

- It may take three weeks for your immunization to display on MyHealth Records.
- It depends on when and how the health practitioner inputs the information after administering your vaccine.
- Albertans can also call the MyHealth Records support line at 1-844-401-4016.
- Meanwhile, you can use the immunization record received at your vaccination appointment.

Verification code didn't arrive in the mail

If you did not receive the letter with the activation code, you must wait 30 days until the activation code expires. If 30 days have passed since the activation code was generated, you may click the "Verify account" button on the Manage account page, then confirm and submit your information. A new activation code will be generated and will arrive in the mail within approximately 10 days.

Learn more: <https://account.alberta.ca/common-questions>

Current address does not match the one on the driver's license

You will need to update your address on your driver's license or ID card at a registry before signing up for My Alberta Digital ID.

The activation code must be sent to the address shown on your identification. This is how we confirm that the person in possession of the Alberta driver's licence or identification card is also the person requesting verification.

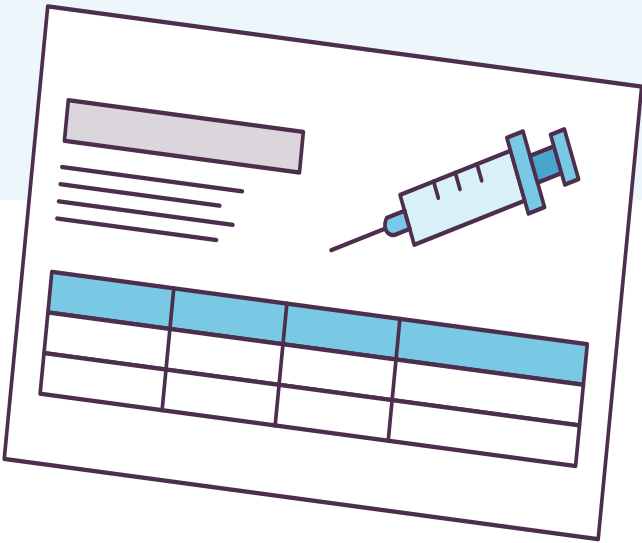
Learn more: <https://account.alberta.ca/common-questions>

How will vaccine information be used if I share it to get into an event or business

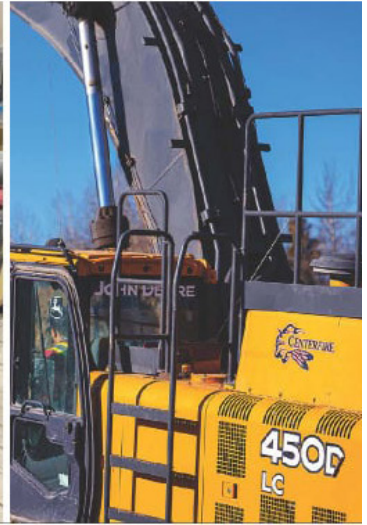
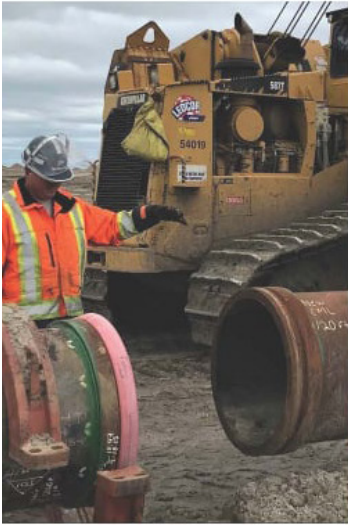
Alberta's government does not have a 'vaccine passport', and will not share your immunization information.

However, event organizers, businesses and municipalities have announced their intent to require proof of vaccination to access their businesses or services. This is not the decision of the Government of Alberta.

Businesses and organizations are not allowed to store personal health information but they can check a person's immunization record.



IF YOU IDENTIFY AS A **FIRST NATIONS, MÉTIS** OR **INUIT** PERSON



GREATER REGIONAL INDIGENOUS PARTNERSHIP

is seeking eligible applicants to train for 4 weeks towards a rewarding career, Starting **November 1, 2021**.

GRIP 4 WEEK TRAINING INCLUDES:

- Interpersonal Skills for Employment
- Fundamentals Safety & Team Training
- Company Specific Training
- Post-employment Support

ELIGIBLE CANDIDATES:

- First Nations, Métis, Inuit, and non-status Indigenous residents of Wood Buffalo
- 18 + years of age, ability to demonstrate physical fitness and health per occupational requirements
- Class 5 Driver License Mandatory

All applicants must meet with an employment coordinator to determine eligibility for sponsorship.

Call  Brittany Kozak at Athabasca Tribal Council **587.645.5929**
or email **brittany.kozak@atcfn.ca**



CANADA'S FIRST NATIONAL DAY FOR TRUTH AND RECONCILIATION

For the first time in Canadian history, September 30th will officially be known as the National Day for Truth and Reconciliation.

The federal government made this announcement a few weeks ago, which introduced this new statutory holiday as a day of reflection on Canada's relationship with the Indigenous people of this land. September 30th has been previously known as Orange Shirt Day and, starting this year, will become a day for all Canadians to reflect on and acknowledge the harm residential schools have done to Indigenous Peoples and commemorate the survivors, their families and their communities.

"This day provides an opportunity for each public servant to recognize and commemorate the legacy of residential schools. This day may present itself as a day of quiet reflection or



participation in a community event," was declared in a news release on the government of Canada's website.

All employees working for the federal government will now have September 30th as a paid holiday, and federally regulated workplaces will be closed in order to respect the new statutory holiday.

ALBERTA INDIGENOUS VIRTUAL CARE CLINIC

Call us at 1-888-342-4822 to be seen virtually or by phone today! Our hours are
Monday to Tuesday and Thursday to Friday 8:30am to 4:30pm
Wednesday 8:30am - 8:30pm and Saturday to Sunday 12:30pm to 4:30pm.

SOME COMMON CONCERNS YOU CAN REACH OUT TO US ABOUT ARE:

- Cold, cough or sore throat
- Sexual Health concerns
- Diabetes care and management
- Prescription refills
- Sick notes
- Allergies
- Skin conditions
- Diagnostic Imaging



All visits are 100% covered by Alberta Health



FMFN & ACT Alberta present

MMEIP Gathering for Families and Critical Workers



FORT MCKAY
FIRST NATION



**September 25th
10 am to 3 pm**

Hosted by grassroots
advocates and survivors
Stephanie Harpe and
Kari Thomason.

**Murdered or Missing and Exploited Indigenous Peoples'
of the Wood Buffalo Region.**

**Gathering online via Zoom at <https://bit.ly/39m4xal>
Meeting ID: 818 4324 6725 ♦ Passcode: 41116**

Itinerary

Elder prayer and ceremony ♦ Our hosts' lived experiences and
personal journeys of survival ♦ Results achieved to date ♦ Closing the
gaps ♦ Need for education ♦ Awareness, prevention and action
Safety and security ♦ Families' shared stories ♦ Q&A
Resources and supports ♦ Closing ceremony

For more information, call or text Stephanie at 780.690.9111.





INDIGENOUS DRIVER TRAINING PROGRAM



Get your Class 1, Class 2S MELT, Class 3 license or ATV Training

This course is offered to all First Nations, Inuit and Métis people living in the Wood Buffalo Region.

Participants must:

- be Indigenous
- have a valid Class 5
- have a clean drivers abstract
- pass drug and alcohol tests

If you are interested in this program, please contact:

Natalie Cunningham

Employment & Training Project Coordinator | Athabasca Tribal Council

780-598-3590 | Natalie.Cunningham@atcfn.ca



COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

The Wellness Center is currently only offering virtual programming.

Due to COVID restrictions, there will be no After School Program or in-person programming until further notice. We will update everyone via Facebook once program plans are in place.

If you do not have access to Facebook and would like to receive email updates or would like more information on latest program initiatives, you can contact us by email to fortmckaywellnesscenter@hotmail.ca

Stay safe everyone!

FORT MCKAY HEALTH CENTRE 780-828-2450

DR. O'CONNOR

Please call in advance if you need to make an appointment with Dr. O'Connor.

MEDICAL TRANSPORTATION:

Contact 780-742-8843 for after hours
Edmonton Referral Unit
1-800-514-7106 with any questions.

PHYSIO

Mondays (9am-2:30pm) & Thursdays (9-12)

DR TAIWO.

Contact the Health Centre to make an appointment

IMMUNIZATIONS

Contact the Health Centre to make an appointment with the Public Health Nurse

For more information on the services offered at the Health Centre, please contact the centre

STAY UP TO DATE WITH THE LATEST NEWS!!



FORT MCKAY

Stay informed by :

Listening to Fort McKay's community radio station:

106.3 fm

& going on Fort McKay's Facebook page

